

GREEN HEALTH CLINIC

WELLNESS AT GREEN HEALTH CLINIC

Discover the benefits of patient centered care at our clinic with a variety of services to serve you better, including:

- Chiropractic,
- Acupuncture,
- Naturopathy,
- Physiotherapy,
- Osteopathy, Chiropody,
- Registered Massage Therapy, and prescription products – Orthotics and Compression Socks.

CONTACT US

Dr. Lisa & Associates at Green Health Clinic

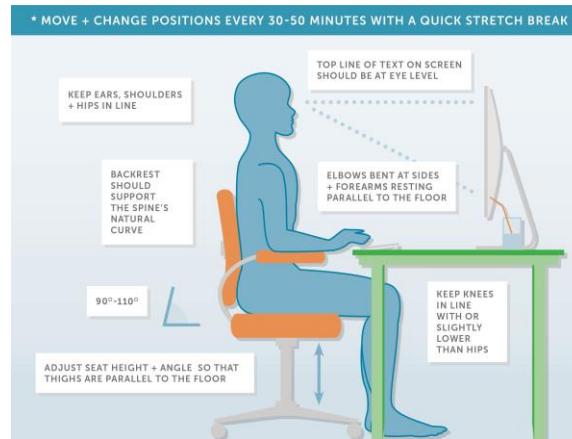
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Do you experience back pain on a regular basis at work? Here are some way to help prevent that nagging pain.

More than 80% of the working population will experience at least one episode of low back pain. Behaviours that can contribute to increased levels of back or other muscular pain include sedentary work, sedentary lifestyle outside of work, poor posture, and a lack of flexibility.

Working on good posture through maintenance of the spine's natural curvature can help contribute to improved circulation and breathing, increased energy, and decreased stress on your joints.

- When standing, the head, shoulders, hips, and ankles should all line up in one straight line.
- When sitting, the hip, shoulder, and ear should all be in line, and the gluteal musculature should be at the back of your desk chair. Sit up straight and try to maintain your core while seated.



For more tips visit the OCA website
www.chiropractic.on.ca



Motion is lotion! Another important component of decreasing pain and tension at work is movement. Moving around, stretching, or changing positions every 20-30 minutes will help to avoid continuous overloading of the same structures.

← This infographic from the Ontario Chiropractic Association offers some great tips to help make sure your workplace is perfect for you! For more information about chiropractic and your spinal health at work visit <https://www.chiropractic.on.ca/public/your-back-health-articles/work/>.

Looking for treatment for your back pain? Call

Dr. Lisa Ramsackal & Associates today and find out how chiropractic care can help you.

**We are accepting new patients for 2017! Evening and Weekend appointments available!
Call today: 905-997-4468**

**For more information about Dr. Lisa & Associates and services provided
visit: www.chiropractor-drlisa.ca**

Green Health Clinic - Your Holistic Wellness Centre